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Forget guns, try this ganache

Jon Favreau says food films, such as Chef, can be just as exciting as blockbusters like Iron Man **PAGE 16**

NADAL BACKS UP HIS PARIS REP

DESPITE SEVERE BACK PAIN, TENNIS'S TOP-RANKED STAR IMPROVES FRENCH OPEN RECORD TO 63-1 **PAGE 22**



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ON TIME, ON BUDGET

At a media briefing Monday, the city and the Katz Group announced that construction of Rogers Place is on time and on budget, with construction of the building's steel structure expected to start this fall. The much-debated building is set to open for the fall of 2016. More coverage on Page 3.

RYAN TUMILTY/METRO

City proposes broad changes to infill rules

Urban densification. Residents fear impact on mature communities



RYAN TUMILTY
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The city is proposing to open the doors to narrower lots, more townhomes and more garden suites in Edmonton's mature neighbourhoods.

A host of changes to the city's planning processes and zoning bylaws are spelled out in a new draft report on how to increase infill in the city, but not everyone is sold on the idea of denser communities.

The report also suggests zoning changes to allow splitting of single-family lots and changes to make building row-housing easier. The mature

neighbourhood overlay, which is a set of guidelines designed to make sure infill homes fit better into existing neighbourhoods, would also be changed.

Derrick Forsythe, development director of the Queen Mary Park community league, said the draft document is concerning, because it doesn't seem to put communities first.

"What you have got there is the developer's wish list. That's what that is, because it doesn't benefit mature communities," he said.

Forsythe said the city has failed to explain why mature communities should be embracing density. He said the proposal to revise the mature neighbourhood overlay is particularly troubling.

"That's a code word for allowing developers to build bigger homes on smaller lots," he said.

City planner Lisa Larson, who oversaw the project, said the plan comes from months of public meetings and information sessions.

She said the city supports infill in mature communities and this plan is about how to make it more successful in communities.

"Infill is happening and it's going to continue to happen," she said.

The document also proposes a variety of ways to better communicate infill projects and an annual infill design award to showcase good projects.

Larson said the proposed communication changes are about making residents more aware of infill, not advocating for it. "It's about doing a better job communicating," she said.

The city plans more consultation on the plan before it goes to council later this year.

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Spill

Plains Midstream charged in oil pipeline leak

Charges have been laid against the owner of a pipeline that leaked nearly half-a-million litres of oil into a central Alberta river.

The Alberta Energy Regulator says Plains Midstream faces a charge under the federal Fisheries Act as well as a provincial charge of failing to report the leak as required by law.

The June 7, 2012, spill from the Rangeland pipeline was discovered when land-owners just north of Sundre began phoning in reports of a

rotten egg smell, the telltale odour of sour gas or sour oil.

The spill of 461,000 litres was soon tracked to Jackson Creek, which flows into the Red Deer River.

A report concluded Plains Midstream didn't inspect its pipeline often enough and didn't pay enough attention to government warnings.

THE CANADIAN PRESS

Fort Road

Man killed, woman hurt in car crash

One person is dead following a single-vehicle crash Sunday.

At about 9:30 p.m., police responded to a crash on Fort Road involving a Pontiac Sunfire.

According to EPS, the Sun-

fire was speeding when it lost control, drove off the road and rolled several times.

The 40-year-old male driver of the car was declared dead on scene and a 53-year-old female passenger was taken to hospital with non-life-threatening injuries.

This latest fatality marks the city's 11th traffic death in 2014. METRO

Arena construction on track

Rogers Place update.
Steel should be going up later this year

With more than 80,000 cubic metres of material removed and hundreds of pilings going in, the new downtown arena is expected to start rising into the sky this fall.

The city and the Katz group gave an update on the Rogers Place project's construction Monday and said everything is on budget and on schedule so far.

Construction manager Mike Staines with PCL construction said the excavation of the site was a busy process, but they have now moved on to putting in pilings and utilities. They will start erecting the steel later this fall.

"We were running eight or nine excavators and close to 300 trucks a day when we were really going," he said.

Staines said there are 150 people working on the site now and that will rise to 500 people at the height of construction, but so far Alberta's labour

By the numbers

15

There will be 15 escalators and 15 elevators in the new building when it opens.

shortage hasn't had an impact on the site.

"We have been fairly fortunate in that everybody knows this project and everybody wants to be part of it," he said.

Dan Vaillant, with the Icon Venue Group that helped design the building, said they still expect the arena to open as the best facility in the league.

"Each time we do one of these buildings, we learn lessons and we bring it to the next project. This building here is going to raise the bar," he said.

Among the record-smashing features will be the new scoreboard and video screen for the building. Bob Black with the Katz Group said the building's new screen is going to be the biggest high-definition screen in the NHL.

"It's about five times as big in area as the current one," he said. RYAN TUMILTY/METRO



The green PCL sign on the construction site marks what will be centre ice in the new downtown arena.
RYAN TUMILTY/METRO

1 NEWS

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'Fête de la musique.' 124 Street to play host to new global music festival

Quebec, Vancouver, Toronto and soon, Edmonton will all play host to their own versions of "Fête de la musique" or to be locally known as "Make Music Edmonton."

On June 21, Edmonton's 124 Street will be home to live music as part of the inaugural festival hosted on the same day around the world. Originally started in France in 1982, the outdoor music festival brings together musicians and fans alike in a free event.

"It's a chance for people to go enjoy music as part of a big

International festival

More than 700 cities in over 100 countries have hosted the Fête de la Musique (not including France) in 2013.

party," said Anthony Bertrand, director of The French Alliance of Edmonton, who are organizing the event. If the weather doesn't cooperate, musicians will head indoors to different restaurants on 124th to play.

STEPHANIE DUBOIS/METRO

Fatality

Oilsands worker killed on the job

The name of an oilsands worker has not been released after a Monday morning fatality.

At approximately 10 a.m., the 37-year-old employee working for Edmonton-based

North American Construction Group was killed after being injured while working on a piece of heavy equipment.

The victim was rushed to Northern Lights Regional Health Centre, where he was pronounced dead.

According to the company, the man had been an out-of-province employee who travelled to the work site. METRO

LRT art project to focus on 'inclusive' still life



Renderings of the LRT artwork show the different viewpoints of the "Still life" art at the MacEwan LRT station. COURTESY MICHAEL F. CHAN

Back to form. Playing on traditional art, the LRT artwork took three years to complete with the aim of getting people involved



STEPHANIE DUBOIS

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Getting LRT riders involved during their commute is the core of some sweet public art installed at the future MacEwan LRT stop.

The art, featuring different types of fruit, isn't completely visible to the public yet since the station is still an active construction site, but the already installed artwork created by Toronto-based artists with Studio F-Minus is all about getting people involved.

"We wanted to take that

idea of gallery art and make it inclusive," said Mitchell F. Chan, partner of the project.

"The viewer through his or her position completes the work. It's a play on the stuffiness and sometimes the inaccessibility of that (gallery) world and what happens when we bring it out."

Called "Still life," the 35-foot long span of artwork is staggered so that through perception, people can also become part of the artwork, said the artists.

"'Still life' refers to that high school art class you did where you are painting something that would not move and playing on that theme in a fun way, we made that piece a bowl of fruit," said Brad Hindson, another partner of the project.

The art process took about three years from conception to installation done this past winter.



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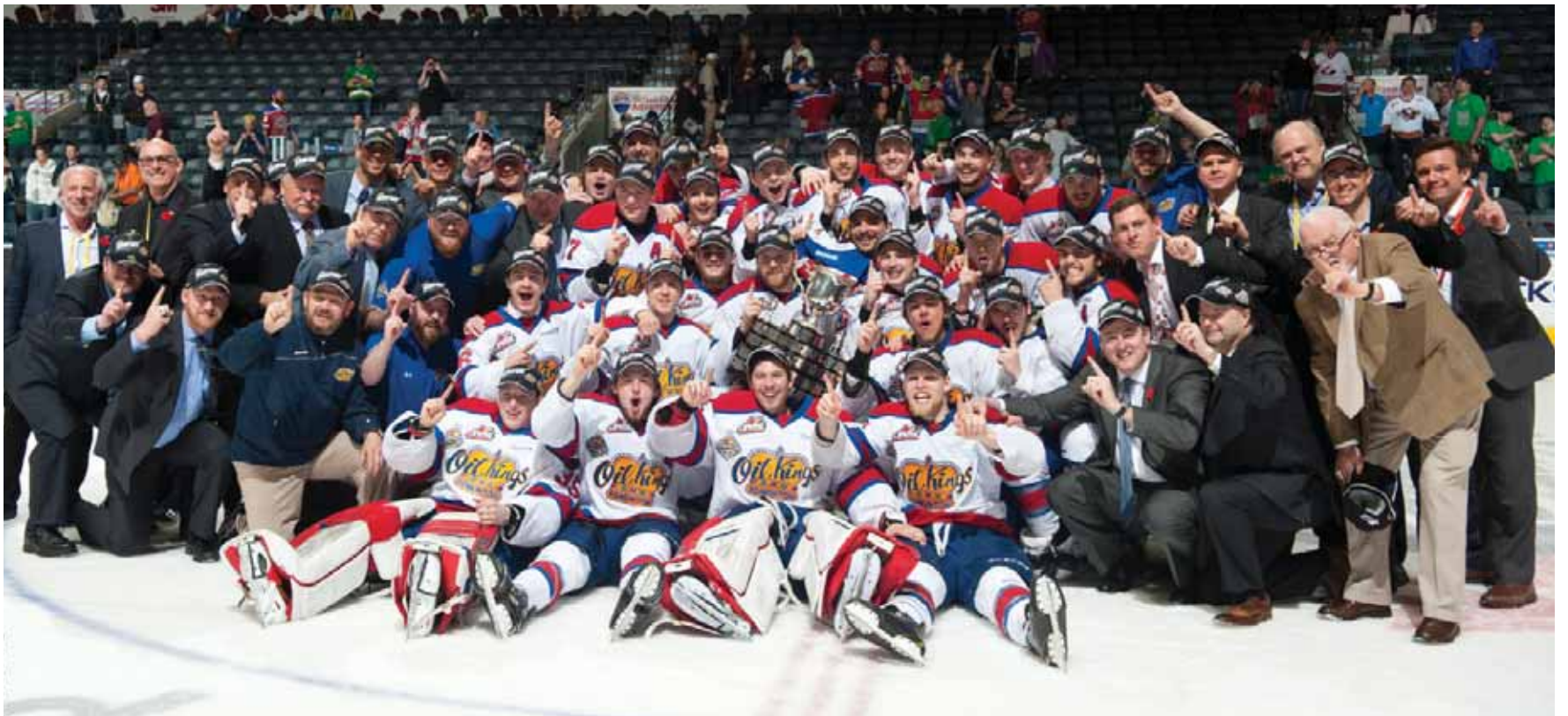


photo taken by Andy Devlin

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Soon-to-be University of Alberta dentistry graduate Aislinn Khuong holds a needle, having overcome aichmophobia to use the tool. LEAH GERMAIN/METRO

Student conquers needle phobia

Tattoos and hypnotherapy. Dentistry teachers offer support to struggling U of A student

It might have only been a chicken breast and needle, but it was enough to bring Aislinn Khuong to tears.

As a second-year University of Alberta dentistry student, Khuong's first attempt at injecting anesthesia left her frazzled, courtesy of her needle phobia.

Fast forward two years, Khuong is set to graduate Friday, having conquered her fears of holding and using a

Quoted

"I'm happy when I get people who are scared of needles in my chair because maybe I can change that for them."

Aislinn Khuong, U of A dentistry student

needle thanks to support from her teachers, a dose of hypnotherapy and a tattoo.

"It wasn't a snap of the fingers by any means," said Khuong. "It actually didn't work at first. My anxiety was too great to overcome even in hypnotherapy."

Khuong's mentor Tom Ste-

venson, division head of oral surgery, said the 26-year-old's fears were nothing more than a stumbling block on the path to a great career as a dentist.

"I was really worried about it, not as much as she wouldn't succeed, but it was just a really tough problem," he said.

With just a few days left in her program, Khuong's teachers say she can expertly administer needles with no problem, using skills she learned in both school and hypnotherapy to keep her cool.

Khuong has tattooed her fingers, marking the exact spot where she holds the needle, as a reminder that she's in control of the tool.

LEAH GERMAIN/METRO

Mentally ill offenders should be sentenced to care: Tory hopeful

Alberta Tory leadership candidate Ric McIver wants direct action on helping the mentally ill, including having those who commit crimes sentenced to treatment instead of going to jail.

McIver said Monday that jailing the mentally ill hurts the offender, often makes the situation worse, and places a heavy financial burden on the system.

"Putting them in jail, having them victimized by somebody because of their mental illness, having them on the street self-medicating and doing illegal things to buy drugs or alcohol doesn't solve the problem," said McIver.



Ric McIver METRO FILE

Leadership candidate Jim Prentice said the province must do more to treat the root causes of mental illness, including homelessness. He said he recently was in Fort McMurray at

a vigil for people who had died on the streets there in the last decade. "That shouldn't be happening in a society as wealthy as ours," said Prentice.

Leadership candidate Thomas Lukaszuk said more work must also be done to eradicate the stigma of mental illness. "The education aspect of it is very important, to allow patients and family members and friends of individuals with mental health illness to solicit the help that they need," he said.

The candidates were speaking at the formal launch of the leadership contest, which concludes with voting in September. **THE CANADIAN PRESS**

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From left: Sisters Anne Leonard, Josephine Badali and Arlita Matte, all members of the Congregation de Notre-Dame, discuss the release of Sister Gilberte Bussiere at a Montreal news conference Monday. GRAHAM HUGHES/THE CANADIAN PRESS

Freed nun called 'strong,' healthy

Missionaries in Cameroon. Canadian, 74, kidnapped with two Italian priests, held since April 5

A Canadian nun who has been released after two months in captivity in Cameroon is happy to be free, her congregation said Monday.

Gilberte Bussiere, 74, and

two Italian priests were kidnapped on April 5.

"I spoke to Sister Gilberte this morning and her voice was strong and she was happy," said Josephine Badali, leader of the Congregation de Notre-Dame.

"She told me she had seen the doctor and from what we know at the moment, her health is good."

Bussiere, originally from Asbestos, Que., was kidnapped along with Gian-

antonio Allegri and Giam-paolo Marta. All three had been working as missionaries in Cameroon.

"She asked me to thank everyone who supported her and helped secure her freedom," Badali told a news conference in Montreal.

It is still unclear when Bussiere will return to Canada.

Badali said Bussiere was to meet with the Cameroonian president on Monday.

THE CANADIAN PRESS

New Canada Conference. Young people invited to brainstorm Canada's future



JESSICA SMITH CROSS

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In order to celebrate Canada's past, bright young Canadian residents are going to brainstorm our country's future.

On the sesquicentennial of the 1864 Charlottetown Conference — that's 150 years after the conference that laid the groundwork for Canadian Confederation — the New Canada Conference will be held in Charlottetown as a flagship event in P.E.I. in 2014.

Canadians and permanent residents aged 19 to 24 (as of Sept. 1) are invited to apply to become one of the 100 delegates who will receive an all-expenses paid trip to Charlottetown for the conference,

from Aug. 31 to Sept. 3.

There they will participate in a brainstorming session about the future of the country with the help of some yet-to-be announced prominent Canadians.

"The vision of Confederation was first articulated in Prince Edward Island and Prince Edward Island was the birthplace of Confederation," said Penny Walsh McGuire, the CEO of PEI 2014.

Walsh McGuire said she hopes to be surprised by the ideas from the young people. The application process requires a 150-second video or 400-word essay telling the applicant's story of Canada, and two references.

More details are available at ncc-cnc.ca.

Looking ahead

The discussions will concentrate on these areas:

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New search begun in case of girl missing seven years

Portugal. Three-year-old Madeleine McCann vanished from a resort room in 2007

Police investigating the disappearance of Madeleine McCann on Monday cordoned off scrubland near the Portuguese resort where the British girl vanished seven years ago.

Officers placed yellow-and-white police tape around the waste ground, which is larger than a soccer field and covered in bushes and some trees.

Officials have previously said detectives may use excavators, dogs and ground-penetrating radar as they scrutinize the terrain.

Officials made no immediate comment on Monday's developments. Cases that are

under investigation in Portugal are covered by a judicial secrecy law, which forbids the release of information.

The scrubland is about 300 metres from the Praia da Luz resort in southern Portugal where Madeleine vanished from her family's vacation apartment in May 2007, shortly before her fourth birthday. The area was searched in the days following her disappearance.

Authorities in Portugal and Britain said recently they would conduct new searches in coming weeks after reviewing the case file and a new public appeal for information.

Portuguese police closed the case in 2008. The public prosecutor's office in Lisbon last year reopened the investigation, saying new leads emerged during the case review, though it did not elaborate.

THE ASSOCIATED PRESS



Portuguese and British officials plant markers on the ground inside a cordoned-off area in Praia da Luz, Lagos, southern Portugal, Monday. FRANCISCO SECO/THE ASSOCIATED PRESS

Missing Madeleine

Madeleine McCann has been called the most public "missing person" in modern history. However:

- **Judicial secrecy law.** Details of cases under investigation in Portugal may not be released to the public.
- **Portuguese police closed case in 2008.** The public prosecutor reopened it last year citing new leads.
- **British police launched Operation Grange in 2011 to pursue the case.** They compiled a record of sexual assaults on children in the area from 2004 to 2010.

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Protests over rape in India intensify

Women activists of the Bharatiya Janata Party face police water cannons outside the office of Uttar Pradesh state Chief Minister Akhilesh Yadav. They're demanding a crackdown on the increasing attacks on women and girls, like the case of the two teens who were gang-raped and found hanging on a tree last week.

THE ASSOCIATED PRESS

Kidnapped girls

Nigerian gov't bans protests in capital

Nigerian police say they have banned protests in the capital demanding that the government rescue the more than 200 girls still

held captive by Boko Haram militants.

Altine Daniel, a spokeswoman for Abuja police, confirmed the ban in a text message, saying it was "because of security reasons."

A core group that is part of the Bring Back Our Girls campaign has accused the

government of sponsoring a new group, known as Release Our Girls, shifting the responsibility of the kidnapping from the government to Boko Haram, the militant group that has killed thousands in its campaign to establish an Islamic state in Nigeria. THE ASSOCIATED PRESS



A U.S. transportation safety official looks through the Gulfstream jet wreckage Monday hours before the voice and flight data recorder were recovered.
MARK GARFINKEL/BOSTON HERALD/THE ASSOCIATED PRESS

Doomed flight crew knew each other well: Families

Media tycoon's jet.
U.S. National Transportation Safety Board says it has recovered jet's voice and flight data recorders

The flight crew that died in a fiery crash aboard Philadelphia Inquirer co-owner Lewis Katz's private plane this weekend had flown for the millionaire businessman and philanthropist for nearly a decade, and among them was a pilot who survived an earlier fatal crash, relatives said Monday.

Katz's Gulfstream jet crashed during takeoff near Boston on Saturday night, killing him, three guests and three crew members. The U.S. National Transportation Safety Board says it recovered the cockpit voice recorder and flight data recorder from the jet on Monday evening.

The chief pilot for Katz was James McDowell, of Georgetown, Del., authorities said. Spouses identified two of the crew members Monday as flight attendant Teresa Benhoff, 48, of Easton, Md., and co-pilot Bauke de Vries, 45, of Marlton, N.J.

The rest of the victims were identified earlier as Katz's neighbour at the New Jersey shore, Anne Leeds, a 74-year-old retired preschool teacher

Lewis Katz

Lewis Katz had gone to Massachusetts on Saturday to attend an education-related event at the home of historian and writer Doris Kearns Goodwin.

- Katz, 72, made his fortune in parking lots and the New York Yankees' cable network. He once owned the NBA's New Jersey Nets and the NHL's New Jersey Devils. In 2012 he became a minority investor in the Inquirer.

he invited on the trip; Marcella Dalsey, the director of Katz's son's foundation; and Susan Asbell, 67, the wife of a former New Jersey county prosecutor. The family of McDowell declined to comment.

The NTSB said Monday evening it had recovered the cockpit voice recorder and flight data recorder. NTSB investigator Luke Schiada had said Monday afternoon a crane was being used to lower somebody into the wreckage to search for the black boxes, which were located in an area heavily damaged.

In 911 calls released Monday, a caller on Saturday night said it looked like "an atomic bomb went off" and described "a mushroom cloud" of smoke and fire. **THE ASSOCIATED PRESS**

Iran

Four killed, dozens injured as dust storm hits Tehran

A heavy dust storm roared into Iran's capital Monday, blacking out the sun in a swirling cloud and tearing down trees in a squall that reportedly killed at least four people and injured 30.

The storm struck Tehran with winds of up to 110

kilometres per hour, state television reported. Its report said the storm killed five people, while Iran's official IRNA news agency said it killed four people as winds hit 130 kilometres per hour. The discrepancy could not immediately be reconciled.

The storm broke trees and plunged the capital into darkness for several minutes. It also caused a chain-reaction crash involving 20 vehicles and international flights were cancelled. **THE ASSOCIATED PRESS**

Nepal

Bus carrying Hindu pilgrims falls into a river

A bus carrying Hindu pilgrims veered off a mountain road and fell into a river in western Nepal on Monday, killing at least 10 people and injuring 25 others, police said.

Police said the bus rolled about 100 metres before it

plunged into the river near Lamachaur village, about 400 kilometres east of the capital, Kathmandu.

Soldiers and police helped by villagers pulled the dead and injured from the wreckage. The injured were transported to nearby hospitals for treatment.

Police said the cause of the accident was being investigated, but that the bus appeared to be overcrowded with pilgrims.

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Study: Hurricane Glen is scary, but Hurricane Glenda is deadly

What's in a name?

Experiments show people are more likely to flee storms with masculine monickers

People are slightly less likely to flee an oncoming storm with a feminine name than a masculine one, a new study finds.

But hurricanes with feminine names turn out to be deadlier in the United States than their more macho-sounding counterparts, probably because their monikers make people underestimate their danger, the researchers conclude.

In fact, the two deadliest storms to make landfall in the U.S. since 1979, when male names were introduced, were named Katrina and Sandy.

The study, which didn't involve any experts in meteorology or disaster science, was published Monday in the Proceedings of the National Academy of Sciences.

In six different experi-



This 2012 photo shows a pile of sand and debris sitting near a house that was damaged by superstorm Sandy in Brant Beach, N.J. A new psychology study shows that people are wrongly less prone to flee from hurricanes with feminine names, yet the study finds female-named storms have been deadlier in the United States than their macho-sounding counterparts. PATRICK SEMANSKY/THE ASSOCIATED PRESS FILE

ments, more than 1,000 test subjects told behavioural scientists at the University of Illinois in Champaign that they were slightly more likely to evacuate from an oncoming storm named Christopher than Christina, Victor than

Victoria, Alexander than Alexandra and Danny than Kate. They found female names less frightening.

"People are looking for meaning in any information that they receive," said study co-author Sharon Shavitt, a profes-

sor of marketing. "The name of the storm is providing people with irrelevant information that they actually use."

Shavitt said both men and women rated female storms less scary and they both "are likely to believe that women

are milder and less aggressive."

It fits with other research about gender perception differences, she said. Sandy, while it can also be a male name, was chosen as a female name by weather authorities in 2012.

Shavitt said it also ranked

as rather feminine when she asked a small group of people to assess names on a masculine-feminine scale.

Hurricane and disaster science experts, such as Massachusetts Institute of Technology's Kerry Emanuel, were skeptical at first. Then after more consideration, some — but not all — found merit in the work, noting that it is more about psychology rather than physical science.

Emanuel said confusion over whether 2012's Sandy was called a hurricane or post-tropical storm did cause confusion, so maybe names could make a difference too. He joked that maybe names matter and perhaps meteorologists should start using scarier-sounding ones like Jack the Ripper or King Kong.

But Susan Cutter, director of the University of South Carolina's Hazards and Vulnerability Research Institute, dismissed the idea that female-named storms are deadlier. She considered the study results just coincidence.

THE ASSOCIATED PRESS

Nova Scotia. Social media sites ordered to hand over info to help ID cyberbully

A unique Nova Scotia law aimed at squelching online harassment is being used for the first time to reach beyond Canada's borders to determine the identity of a cyberbully.

The province's CyberScan unit said Monday a Nova Scotia Supreme Court judge issued an order last week under the province's new Cyber-safety Act demanding information from Google, Facebook, Instagram, Pinterest, Snapchat and Canada's BCE Inc.

"It is the first order in Canada for that purpose," said Roger Merrick, the province's director of public safety. "It's groundbreaking for us."

The court order is seeking records that could identify the accused cyberbully, including home addresses, email addresses, user names, given names, account names and IP addresses.

The case involves a young woman in Halifax who has recently received threatening and harassing messages from an unknown person or persons

accused of hacking her social media accounts, Merrick said.

"I can't give you too much information for fear of jeopardizing the investigation," said Merrick, adding that police are also investigating.

The CyberScan unit has yet to hear from any of the companies involved and the process could take months to complete, Merrick said.

He said police routinely issue production orders when seeking information from online sources while investigating criminal matters, including child exploitation cases. If the information sought is found in the United States, police turn to the Treaty on Mutual Legal Assistance to guide them. In this case, the CyberScan unit is relying on civil law procedures.

"This is the first one for us ... (and) there may be a different process," Merrick said, adding there's no guarantee the companies will recognize the court order. "This is a learning process for us, too."

THE CANADIAN PRESS



25 years since Tiananmen

A Chinese couple have their picture taken outside the Forbidden City at Tiananmen Square on Monday in Beijing, China. Twenty-five years ago, on June 4, 1989, Chinese troops cracked down on pro-democracy protesters, leaving scores dead and injured. KEVIN FRAYER/GETTY IMAGES

Sex work. Survey reveals opinion split on key issues of prostitution legality

The results of a federal consultation on prostitution suggest a lack of consensus among people and groups interested in the subject.

A slight majority of those who responded to the Justice Department's month-long online consultation earlier this year felt that purchasing sexual services should be a criminal offence.

However, two-thirds of the more than 31,000 respondents said selling sex

should not be an offence.

About six in every 10 participants said benefiting economically from the prostitution of an adult should be illegal.

The department received comments from 117 organizations, but did not reveal who they were.

Justice Minister Peter MacKay tweeted that the findings would be taken into account in coming legislation on prostitution.

THE CANADIAN PRESS

Massachusetts

Puppy finds itself in the driver's seat, makes a big splash

A German shepherd puppy owned by a Massachusetts man decided to go for a drive — straight into a pond.

John Costello said his 12-week-old puppy, Rosie, was

so excited Sunday after going for a walk that she jumped in his running car, hit the gear stick and shifted into drive, before falling onto the gas pedal and sending the car careening into the water.

A couple of passersby saw the commotion and helped Costello rescue Rosie. Nobody was injured, but Costello says the Dodge Neon is a total loss.

THE ASSOCIATED PRESS

Pro-Russia rebels attack guard base in east Ukraine

Five rebels killed.

Conflict between Ukrainian forces and pro-Russia insurgents has escalated markedly in the past week

Hundreds of pro-Russia insurgents mounted a day-long assault on a border guard base in eastern Ukraine on Monday, with some firing rocket-propelled grenades from the roof of a nearby residential building and prompting the deployment of air support by government forces.

At least five rebels were killed when the guards returned fire, a border guard service spokesman said.

Some 10 kilometres away, a blast at an administrative building held by insurgents claimed more lives. A health official for the Luhansk region said that at least seven people had been



A Pro-Russia rebel fires at Ukrainian troop positions from an apartment in Luhansk. VADIM GHIRDA/THE ASSOCIATED PRESS

confirmed dead in the incident, which rebels described as a government airstrike.

Authorities denied carrying out a strike and said the blast was caused by misdirected rebel fire from a portable surface-to-air missile launcher.

Russia's Foreign Ministry swiftly condemned what it described as a government attack on the rebel-held building and urged U.S. Assistant Secretary of Defence Derek Chollet, who was visiting Kyiv on Monday, to help calm unrest in Ukraine.

"We urge our Western partners to use their influence on Kyiv to stop Ukraine from descending into a national catastrophe," the ministry said. Fighting was still reportedly ongoing as darkness fell Monday.

THE ASSOCIATED PRESS

Abbas. Palestinians form new unity government; Israel wants it shunned

Palestinian President Mahmoud Abbas swore in a national unity government Monday, formally ending a crippling seven-year split with his Islamic militant Hamas rivals but drawing Israeli threats of retaliation.

The formation of the unity government and Israel's tough response are part of a wider competition between Abbas and Israeli Prime Minister Benjamin Netanyahu for international support since the collapse of U.S.-led peace talks between them in April.

Abbas praised the 17-member unity government, made up of technocrats backed by Hamas and his Fatah movement, as a milestone.

"This black page in our history has been turned forever and will never come back," he said, referring to the Palestinian split that broke open with the Hamas takeover of the Gaza Strip in 2007.

For seven years, the rivals ran separate governments, with Hamas in Gaza and Ab-

Changing times

U.S. State Department spokeswoman Jen Psaki said the Americans intend to work with the new Palestinian government despite Israel's concerns. Psaki also said U.S. Secretary of State John Kerry called Netanyahu to relay the position.

- Israeli officials said they are "deeply disappointed" by the U.S. position

bas ruling autonomous areas of the West Bank. Netanyahu said the new government should be shunned because it leans on support from Hamas, a group labelled as terrorist by the West.

Abbas "said yes to terrorism and no to peace," Netanyahu said. Abbas said his new Cabinet opposes violence and recognizes Israel, complying with conditions the West has set.

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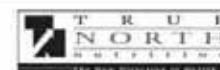
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Apple unveils new OS's at conference

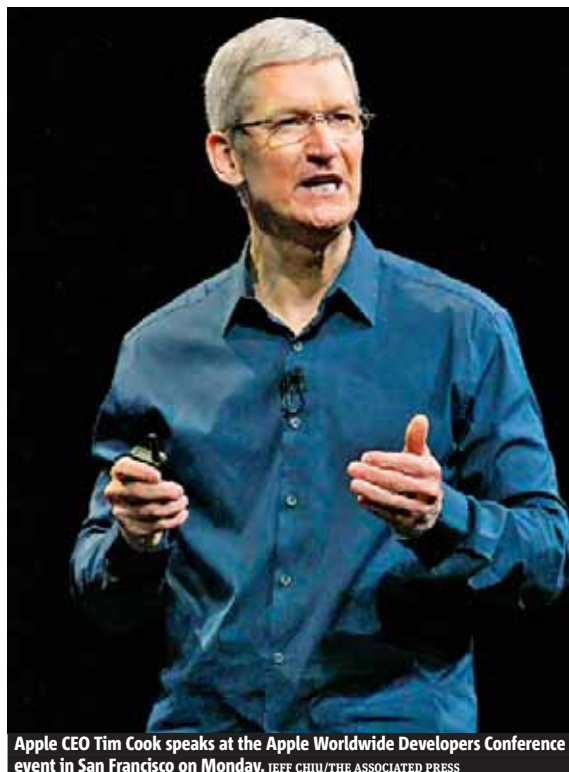
Worldwide developers event. Built-in health app also introduced in wake of Samsung rolling out fitness features in Galaxy S5

Apple's Mac operating system is getting a new design and better ways to exchange files, while new features in the software for iPhones and iPads include one for keeping tabs on your health.

Apple executive Craig Federighi pointed out that data from various fitness-related devices now live in silos, so you can't get a comprehensive picture of your health. That will change, he says, with HealthKit coming to the new mobile software, iOS 8.

Apple is also making it easier for various devices to work together. Macs and mobile gadgets will share more features, and you can share and sync files between the two more easily.

The company is previewing the new features at its 25th annual conference for software developers in San Francisco. The



Apple CEO Tim Cook speaks at the Apple Worldwide Developers Conference event in San Francisco on Monday. JEFF CHIU/THE ASSOCIATED PRESS

free updates will come this fall, though developers got

free updates will come this fall, though developers got

a test version Monday. Here are the highlights on what's been announced and what's coming:

Changes to Mac computers:

- The next Mac system will be named Yosemite, after the U.S. national park, now that Apple is naming it after California locales rather than cats.

- You'll be able to search for content on the computer and on the Internet at once, similar to a feature available with Microsoft's Windows 8.

- Apple is expanding its iCloud storage service so that you can store and sync files of any type.

- The Mac's Safari Web browser will have more privacy controls and ways to share links more easily.

Changes to iPhones and iPads:

- Like the new Mac OS, the iOS 8 system will have a universal search tool, to cover both your device and the Internet. It will also get the iCloud Drive service.

- The new software will sport interactive notifications, so you can respond to a message without having to leave another app. It will have new gestures, such as double tapping to see a list of frequent contacts.

- A "quick type" feature promises predictive typing suggestions, rather than just spelling corrections.

- iOS 8 will have a built-in health-management tool to help people track their vital signs, diet and sleeping habits. Apple's chief rival, Samsung Electronics Co., incorporated fitness-related features in its latest flagship phone, the Galaxy S5.

Working together

- Although the Mac and iOS systems are separate, Apple CEO Tim Cook says the two have been engineered to work seamlessly together.

- Apple's AirDrop feature, which has let you share files with other devices of the same type, will now let iPhones and Macs share directly with each other.

- A new "handoff" feature will let you switch devices more easily, so you

can start writing an email on a phone and finish on a Mac. And when a call comes in on your iPhone, you can get caller ID information on your Mac.

- The iMessage chat service will now let you communicate with devices that aren't running iOS, such as those running the rival Android system from Google.

Announced earlier:

- Last week, Apple announced a deal to pay \$3 billion for Beats Electronics, a headphone and music streaming specialist. The deal brings rapper Dr. Dre and recording impresario Jimmy Iovine to undetermined roles at Apple. During a demo Monday, Federighi placed a call to Dr. Dre to welcome him to Apple.

Coming soon:

- Apple typically announces new iPhones in September and new iPads soon after that. Many analysts also believe the company will release an Internet-connected watch as part of Apple's expansion into wearable technology.

THE ASSOCIATED PRESS

Canadian students win golden tech ticket to coveted conference

Top programmers who write software for Apple computers, phones and tablets plan their year around attending the company's annual Worldwide Developers Conference in San Francisco.

For 16-year-old Douglas Bumby of Vancouver, making the trip means missing a week of school.

But he got permission to play hooky for a few days after being named by Apple as one of 200 winners of its scholarship program with a free ticket to the five-day event.

Bumby, along with six other Canadians, will get to rub shoulders with other software

developers and be among the first to hear about new software enhancements Apple intends to push out.

The important event has become so overbooked in recent years that a lottery system was instituted to distribute passes, which Apple sells for \$1,599 US. "I'm really excited.... I would like to work at Apple as a software engineer or designer one day," said Bumby.

Bumby and the other winners had to impress Apple by creating an autobiographical app showcasing their skills, previous programming experience and interests.

Bumby said he probably

put 60 or 70 hours into his application over the course of just more than a week and noted that he had already launched an app in Apple's App Store and had two others in the works.

The other Canadian winners are Martin Bestawros, Jaiten Gill, Indragie Karunaratne, Bruce Li, Jaxon Stevens and Ishan Thukral.

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THAT'LL BE THREE LOBSTERS EVEN

On a recent trip to Prince Edward Island, I met a fisherman on his way to see a man about a lobster — three lobsters, in fact. The fresh-caught seafood was his form of payment to a kind neighbour who had recently fixed his computer. I heard similar stories from farmers who trade food among their friends, offering eggs for produce and beef for pork. Intrepid locals from across the region are able to feed themselves without any sort of official cash transaction.

Bartering was once a ubiquitous method of payment used around the globe long before currency was introduced. And while this ancient economic model might seem better suited to rural communities, I think there are plenty of ways urbanites can cash in (so to speak) on the trend by outsourcing their skills outside the current capitalist system.

Swapsity and similar online communities match users based on needs and desires. Users can barter almost anything —



SHE SAYS
Jessica Napier
metronews.ca

skills, services and stuff — to trade what they have for what they want. It's an appealing idea, turning a few hours of babysitting into a bag full of clothes or swapping a stack of used books for a ride to the airport.

Home Exchange and Couchsurfing offer vacation-specific swapping services for travellers looking for beds in foreign countries. There are even business-to-business trading sites that give emerging and established companies the chance to exchange professional services in the name of business development.

The barter system isn't a perfect economic model. It's hard to evaluate goods and services against one another without a formal pricing model. We currently need to quantify goods and services on a mass scale — a banana is 59 cents, a plane ticket to Europe is \$989 — but when it comes to bartering among individuals, price and value become more relative. Is an hour of babysitting equivalent to an hour of personal

Take that, capitalism

It's an empowering feeling to get what you want and help others without having to bother with any sort of monetary transaction.

training? Perhaps it is to you.

Unfortunately, I can't pay off my property tax bill by offering the city a few hours of free landscaping work. There will always be a need for some form of legal tender — even if old-fashioned cash and coins become obsolete in favour of bitcoins or another form of electronic currency.

But it's an empowering feeling to get what you want and help others without having to bother with any sort of monetary transaction.

The barter system works because we can play to our strengths and find creative solutions to obtain what we need without spending a cent.

ZOOM

Land of the Rising Sun, after dark



A group of botaru fireflies take flight in a wooded area. "The flight can create a spectacle that seems to come from a fairy-tale world," says photographer Takehito Miyatake. COURTESY TAKEHITO MIYATAKE

Seeing Japan in a new light

It's known as the Land of the Rising Sun, but in these photos, Japan is the land of zipping fireflies, sparkling squid and volcanic lightning.

In his vivid images ranging from the erupting Sakurajima volcano to a forest bathed in the ethereal glow of fireflies in flight, photographer Takehito Miyatake explores the interplay between what he describes as the "light of Japan" and the natural landscape.

METRO

Sparse verse serves as inspiration

Miyatake was inspired by waka, a minimalist style of Japanese poetry that consists of five lines in a 5-7-5-7-7 metre.

"Both waka and photography can express nature concisely. With photography it can be a single image, with waka it is a poem of limited words, but also profound."

His photographs are on display at Steven Kasher Gallery in New York City until June 7.

METRO



Lightning striking at Sakurajima volcano. COURTESY TAKEHITO MIYATAKE

METRO AUGMENTED REALITY

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MetroTube

Sk8ter girl lands 540

REBECCA WILLIAMS
readers@metronews.ca

What were you doing at age nine? Maybe you were riding your bike to school? Playing road hockey on the weekends? Unlike this Aussie girl, though, you probably weren't landing a 540 — a skateboarding trick involving one and a half full airborne rotations — on a half-pipe.

After a couple of tough wipeouts, Sabre Norris's reaction to landing her trick is worth every second of this video.



(Via The Berrics/YouTube)

GETTY IMAGES

DVD review



Lone Survivor

Director. Peter Berg

Stars. Mark Wahlberg, Taylor Kitsch



Lone Survivor is a serious change for the better for Battleship bomb maker Peter Berg. It's based on the thoughtful memoirs of now-retired Navy SEAL Marcus Luttrell, the sole man left alive out of 20 U.S. soldiers caught in a 2005 firefight in the mountains of Afghanistan's Kunar province. For all of its macho intensity — booming bullets, whirling chopper blades and falling bodies — Lone Survivor isn't just another war movie. We see the conflict from both sides, although the American one gets the most screen time and our immediate sympathies. Mark Wahlberg plays Luttrell, part of a "fire team" quartet of SEALs dropped by helicopter into a mountainous Taliban stronghold. The others are team leader Michael "Murph" Murphy (Taylor Kitsch), gunner's mate Danny "Danny Boy" Dietz (Emile Hirsch) and sonar ace Matthew "Axe" Axelson (Ben Foster). The actors are almost unrecognizable behind scruffy beards but they all deliver the goods.

PETER HOWELL

Chef is a little movie with lots of meat

The power of drama.

Director Jon Favreau says this small film packs as much punch as his blockbuster work like Iron Man



RICHARD CROUSE
scene@metronews.ca

The director who used elaborate special effects to make Iron Man soar through the night sky and a spaceship land in the Wild West says, "there is nothing more cinematic and exciting than watching food be prepared."

Jon Favreau, helmer of blockbusters like Iron Man 1 and 2 and Cowboys & Aliens, adds, "Modestly budgeted films like Eat Drink Man Woman or Jiro Dreams of Sushi are as compelling as any big budgeted Hollywood movie."

In his new film Chef (which he wrote, directed, produced and stars in), Favreau plays Carl Casper, a chef set on a new culinary path after an influential food critic gives his restaurant a savage review. The nugget of inspiration for the movie came two decades ago when Swingers, another film Favreau wrote and starred in, became a hit. "The Big Night came out the year Swingers did," he says, "and I remember seeing that film and feeling like they had really accomplished so much. With Swingers we had certain modest accomplishments. I was



Jon Favreau, right, directs, produces and stars in Chef. CONTRIBUTED

satisfied with it, but Big Night felt like a movie and felt like they had captured something larger. Maybe that was in the back of my head for the last 20 years. There was an envy that I had of what they were able to accomplish with the music, the culture, the performances, the food and how delightful it was. So I finally got to make my food movie."

In those 20 years, Favreau has been in the Hollywood trenches as a producer, director, actor and writer and is quick to note the similarities and differences between the story of Chef and his real-life work in the movie business.

"The archetypes of the players on the stage in the food world and the movie world are very similar," he says.

"The stakes are a bit higher in the food world, which is why it is dramatically appealing. One bad review can shut you down. Right now, the way reviews work in movies is that you're reading 90 reviews. It's all on Rotten Tomatoes, a compilation of numbers and you don't really have that personal relationship with a specific critic as you do in the theatre world or the food world. In the food world you are eye-to-eye with that critic and you are eye-to-eye with the customer and

when that food gets sent back to the kitchen you are looking at that plate. It's a lot different."

Favreau's next film is a live-action remake of The Jungle Book, but he says he'll likely flip-flop between big- and small-budget films in future.

"If I knew I could come up with a small story that I'd be excited about, next year I'd do this again but honestly, it hasn't been since Swingers that I've been able to sit down and write something so fully formed so quickly. I somewhat envy the filmmakers who can come up with a small story each year because this was the best experience I've ever had."

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The older Python hasn't lost its bite

'Rude songs and rude dancing.' Eric Idle vows surprises at Monty Python reunion

Everybody expects the Spanish Inquisition. And as with all things Monty Python, fans need to expect the unexpected, too.

Next month the surviving Monty Python members reunite onstage for the first time in almost 35 years — and, they say, the last time ever.

Fans understandably want to see the anarchic comedy troupe's classic skits. They're hoping for Spam, lumberjacks, dead parrots and of course the red-robed cardinals who burst in to proclaim: "Nobody expects the Spanish Inquisition!"

Troupe member Eric Idle assures fans they will get the old favourites — but they are also in for surprises.

"I've got one or two up my sleeve that will absolutely freak people out," said Idle,



The surviving members of Monty Python, from left, Michael Palin, Eric Idle, Terry Jones, Terry Gilliam and John Cleese are reuniting in July for a series of stage shows in London. The final show will be beamed into movie theatres worldwide. MATT DUNHAM/THE ASSOCIATED PRESS

who has taken the lead on assembling the 10 performances at London's O2 Arena.

The Monty Python Live (mostly) shows will take place between July 1 and July 20, with the final performance beamed live into movie the-

atres worldwide.

Tickets for the screenings were going on sale Monday.

"It's not five old guys on a stage doing old sketches," Idle said of the show, which has a budget of \$3.5 million. He spoke by phone to The As-

Inquisition to extradition?

With just under a month until the July 1 kickoff, Idle has one gripe.

- It's about the Royal Canadian Mounted Police, whose scarlet tunics are essential to a famous skit featuring a singing, cross-dressing lumberjack.

- "The Mounties have seized all Mountie uniforms throughout the world, so you can't get them anymore," Idle said. "But we're not going to be stopped from doing The Lumberjack Song no matter what they do. So we may be up for extradition."

sociated Press from Seattle.

The 15,000-seat stadium will be filled with the help of a live orchestra, film footage, special effects and Terry Gilliam's surreal animation.

There will be plenty of "rude songs and rude dancing" from an ensemble of 20 singers and dancers — the approach Idle adopted during his performance at the 2012 Olympics closing ceremony.

"Who wants to look at a bunch of old guys? Put some attractive young people onstage," said Idle, at 71 the youngest of the group. "That's my Broadway background. It's what I learned

from Spamalot."

The sixth member of Monty Python, Graham Chapman, died of cancer in 1989 but will be present in recorded form. Carol Cleveland, who appeared regularly on the Pythons' 1970s TV show, will also take part.

"It's a revue — 'Deja Revue,' as I call it," Idle said.

"What I've tried to do is make a sort of necklace — and we'll be the jewels. I've tried to make (each of the elements) segue into each other like the old Python shows used to do."

Idle began by asking Gilliam, Michael Palin, John

Cleese and Terry Jones for their favourite Python nuggets. "I've tried to do things we've never done onstage as well," he said.

"Python has always tried to push the expectation level, and just be a little bit more than they could possibly hope for. I think that's one of its secrets — it's always been, 'Well this will really surprise them.'"

Idle says he's looking forward to the live transmission's potential for chaos.

"You don't normally have that opportunity to dry and be embarrassing and hopeless onscreen."

Idle said the atmosphere among the five group members was "delightful" — though Gilliam, now a film and opera director, branded the reunion "depressing" in a recent British newspaper interview.

"I think he's the most insecure about being in it," Idle said. "He isn't really a comedian. But of course his animations are staggering, and at 80 feet wide they look great."

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Lupita Nyong'o CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

Star Wars: Episode VII. Lupita Nyong'o and Gwendoline Christie join the cast

Three months after winning an Oscar, Lupita Nyong'o is going to a galaxy far, far away.

The Walt Disney Co. announced Monday that Nyong'o is joining the cast of Star Wars: Episode VII. The 31-year-old actress became a breakthrough star for her award-winning performance in 12 Years a Slave.

Also added to the cast was Gwendoline Christie, best

known for playing the hulking Brienne of Tarth on HBO's Game of Thrones.

When the principal cast of Episode VII was announced last month, the lack of women raised some eyebrows. Nyong'o and Christie join an ensemble that includes John Boyega, Daisy Ridley, Adam Driver, Oscar Isaac and Andy Serkis.

THE ASSOCIATED PRESS

Still far, far away

Production is underway for the film, which is being directed by J.J. Abrams.

- Star Wars: Episode VII is slated to open in December 2015.

Just shoot me now

Memoir cocky as king of Spades

There is more to David Spade than the catchphrase "Buh-Bye."

Dey Street Books announced that the actor and comedian is working on an as yet untitled memoir scheduled to come out in fall 2015. According to Dey Street, Spade will write about everything from his childhood in Arizona to his friendship with the late comedian Chris Farley.

Spade plans to cover his years on Saturday Night Live and his TV series Just Shoot Me and Rules of Engagement.

In a statement issued through Dey Street, Spade offers a self-review for his book: It's a "must" buy and a "maybe" read.

THE ASSOCIATED PRESS



David Spade THE ASSOCIATED PRESS FILE

8 HOURS?

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Government

In a Brad way



Vitalii Sediuk THE ASSOCIATED PRESS

Pitt attack just a hug gone wrong, prankster says

The man who was arrested after jostling with Brad Pitt on a red carpet last week says he was merely trying to give the actor a hug and didn't mean him any harm.

Vitalii Sediuk says he accepts responsibility for the incident and will spend the next few months dealing with the legal ramifications of his prank, which briefly disrupted the red carpet of the Disney film Maleficent.

The 25-year-old pleaded no contest to battery against Pitt on Friday and was sentenced to three years of probation and a year's worth of psychiatric counselling.

Sediuk also crawled underneath America Ferrera's dress at a Cannes film premiere last month.

THE ASSOCIATED PRESS

Twitter. Breaking Bad named most-followed series

The earth-shattering finale of Breaking Bad was followed on Twitter by some nine million users, according to the ratings agency Nielsen. By a long shot, the cable drama had the highest Twitter presence of any TV series between September 2013 and May 2014.

With an average Twitter reach of six million users during each of its last eight episodes, the series starring Bryan Cranston was far ahead of The Walking Dead, AMC's audience

ratings winner, which attracted 5.2 million unique users of the social network on average.

With 4.8 million followers on the social network, Pretty Little Liars claimed third place, followed by the reality TV show The Bachelor (3.6 million), Game of Thrones (3.5 million), Teen Wolf (3.3 million), American Horror Story: Coven (2.8 million) and Scandal (2.4 million). With 2.3 and 2.1 million followers on average per episode, The Voice and Dan-

cing with the Stars round out the top ten.

Of course, popularity on Twitter doesn't always correlate with strong audience ratings. CBS, which is home to the most-watched programs in the U.S. last season (The Big Bang Theory, NCIS and NCIS: Los Angeles), didn't have a single entry in the top 10 on Twitter. As Nielsen points out, the average age of CBS viewers is 58, so it's no surprise that its hit shows are not dominating the

conversation on Twitter. Only nine per cent of Americans in the 50-64 age group use the social network.

Nielsen also identified the top events of the TV season according to Twitter activity. The Super Bowl became the most-tweeted TV event in history, appearing in 1.8 billion tweets. The Oscars generated 1 billion tweets, and the famous selfie posted by Ellen DeGeneres was re-tweeted 1.1 million times.

AFP



During the broadcast of its final episode on AMC, Breaking Bad had an audience of 9.1 million users on Twitter. AMC

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Sandra's snagged herself a superhero

MELINDA TAUB
Metro World News

I don't know why I feel protective of Sandra Bullock. She's doing fine. She's very wealthy and famous. She makes hit movies where she plays astronauts and cops. She is still incredibly beautiful. If anything, she should feel protective of me, since I have none of those things (well, I am a stone cold fox). Still, I'm solidly in her corner, which is why I am so glad to hear that she might



be dating Chris "Captain America" Evans. Sandy has earned herself a hunk. The Gravity star and Evans have reportedly

begun seeing each other, though nothing serious is going on yet.

"They are not in a relationship, but they are definitely hanging out and are in the early getting-to-know-each-other phase," a source told E! News. "They haven't put a title on it, but they really like each other."

Evans and Bullock have been spotted dining together with friends several times this spring. The relationship would be a dream come true for Evans, who is 17 years Bullock's junior and says he had a big poster of Speed-era Sandra on his wall growing up.

Aww. True love means dating someone you were obsessed with as a child.

Ex-girlfriend of Clippers owner claims she was attacked in New York

Donald Sterling's former girlfriend's troubles aren't over yet: Two men attacked V. Stiviano Sunday night in Manhattan as she was returning to her hotel, her lawyer claimed. Mac Nehoray told ABC News that the two attackers, described as white men, recognized Stiviano and followed her after she left the restaurant where she had dinner.

They allegedly hit her in the face and used racial slurs. Nehoray says Stiviano was examined by a doctor and she's "banged up, but OK." Stiviano did not file a police report about the incident, and police officials do not expect any arrests will be made. The attack was presumably related to Stiviano's role in releasing a recording of her former boyfriend Donald Sterling,



Los Angeles Clippers co-owner Donald Sterling sits with V. Stiviano at a game in 2013.

co-owner of the Los Angeles Clippers, in which he made a string of racially offensive remarks. Sterling's wife Shelly

has since negotiated a deal to sell the team to former Microsoft CEO Steve Ballmer for \$2 billion US.

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Keeping it au naturel

The Canadian Health Food Association (CHFA) has rounded up the most popular natural developments for the summer season from natural health retailers, suppliers and health experts. CHFA holistic nutritionist Michelle Book breaks down the Top 4.

IZABELA SZYDLO life@metronews.ca

Natural hydration

Three waters are making waves to help you stay hydrated this summer. The first is maple water, a new, trendy drink filled with minerals such as potassium, calcium, magnesium and manganese. Bonus? It's local! Then there's coconut water, an especially popular choice considered nature's "natural sports drink." Its sweet and nutty taste keeps thirst at bay, and it's high in potassium and electrolytes, and contains no artificial colours or sweeteners. Lastly there's Kombucha, another trendy drink. Found at your local health-food store, it is produced by fermenting black tea using a symbiotic colony of bacteria and yeast. Not only is it thirst quenching, it supports kidney and liver function. Although all these drinks do contain sugar, they have significantly less than many of the sports drinks, juices and sodas that tend to be so popular during the summer.



Natural skin care

When choosing sunscreen, I recommend a mineral-based one, which contains zinc oxide and titanium dioxide. Mineral-based sunscreens help to shield your skin by lying on the surface of the skin and reflecting potentially damaging UVA and UVB rays. There are many options that are also biodegradable and reef safe. Aloe vera is my go-to for soothing skin that has been in the sun. It can help to reduce the pain and irritation, and help to heal the delicate layers of your skin. When a sunburn does occur, more water is sent to the skin, so it's important to lock in that water with a good moisturizer to avoid dehydration. Don't confuse aloe with coconut oil, which is also a moisturizer that is seeing more attention this summer and is a great option to add to your summer skin-care regime.



Label literacy

More Canadians are demanding simple labelling. Common labels to look for are the Canadian Organic Symbol, GMO-free and fair trade. For the first, all foods with 95 per cent or more organic ingredients will have this logo on the package. Whenever possible, I recommend opting for organic. You are not only

investing in your health, but also supporting sustainable environmentally friendly practices and animal welfare. GMO-free means the product does not contain any genetically modified organisms. While the debate surrounding GMO food continues, if this is of concern to you, I recommend going organic to ensure what you are eating has not been genetically modified. Fair trade has been created to achieve better trading conditions and to promote sustainable development. Products that are classified as fair trade have been produced to support greater equity by offering improved trading conditions and respecting the producers, who are often from developing countries.



Superfoods

Health experts are buzzing about watermelon and coconut. Watermelon is extremely hydrating and provides a lot of important minerals. It's a great source of lycopene, which is a potent antioxidant pigment with a growing list of benefits from prostate health to skin care. Coconut also continues to be all the rage this summer. It is being

used in so many different and tasty ways — from ice cream to chips to coconut soy sauce. I personally love coconut chips, made from roasted slices of coconut. They can also be used as a topper to give your fresh summer salad a bit of extra crunch and flavour. Watermelon is always my go-to summer snack when it gets really hot. I keep it cut up in the fridge or I throw it into the blender with some ice and coconut water to make a 'slurpee.' Finally, seaweed snacks are great because they have no artificial colours or preservatives, and are virtually fat-free.

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Health Solutions

All hail the arrival of burger season



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I could spend a few hundred words scaring you off ground meats or share how carcinogenic the charred proteins are. But why bother? We will both be enjoying a few burgers regardless. The trick is to minimize the damage and maximize the pleasure.

Do this:

- Always use a meat thermometer on ground meats. Insert it horizontally and check a couple of spots in the thickest part of the burger.

- Chicken, beef and salmon all need to be fully cooked to

well done. One small speck of E. coli or salmonella can cause tremendous illness.

- Use moist and nutritious toppings to enhance flavour and juiciness.

- Some gourmet ingredients can up your game: ricotta cheese, blue cheeses, pesto sauce, a variety of mustards, fresh vegetables, baby lettuces and sprouts all add a burst of taste

- Go beyond the bun! Paleo-friendly lettuce, kale or nappa cabbage leaves make great bases. If you do choose bread, keep the burger-to-bun ratio in line and don't be afraid of different grains and alternative flavours.

Practise safe barbecuing!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



FLASH FOOD



From your fridge to your table in 30 minutes or less

Whether you make your burgers at home or choose a pre-made or frozen product, you don't have to go ho hum.

Gourmet toppings will elevate your taste buds and experience.

Making sure that you add ingredients that boost moisture and flavour is easy with this recipe.

Mixing pesto sauce with ricotta cheese is a great tip for dip or topping, it warms nicely and coats the burger with kind of pleasant ooze

Ingredients

- 4 chicken burgers
- 1 cup ricotta cheese
- 3 tbsp pesto sauce
- 4 ciabatta buns
- 1 cup pea sprouts or mixed sprouts
- Grainy mustard



This recipe serves four. THERESA ALBERT

that summer is all about.

sauce together.

cooked.

1. Fire up the grill and cook burgers thoroughly while you mix ricotta cheese and pesto

2. Spread on both top and bottom of buns and add a big dollop to each burger once

3. Top with sprouts instead of lettuce and tomato. THERESA ALBERT OF MYFRIENDINFOOD.COM

Salad straight from Old MacDonald's farm



This recipe serves four. FIONN MACCOOL'S

If your diners like meat with their vegetables be sure to add strips of grilled chicken breast or flat iron steak.

1. Toss potato wedges in stainless steel bowl with oil and a few pinches of salt and pepper.

2. Transfer wedges to roasting pan and roast in 425 F degree oven until golden brown, approx. 20 minutes.

3. Using same bowl, toss onion quarters in oil until evenly coat-

ed. Place quarters on a hot grill and cook until charred evenly on all sides. Spread petals apart to ensure even grilling. Onions are done when they smell sweet and have softened.

4. Toss baby spinach with honey mustard dressing, bacon bits and grilled onion. Place in serving bowl.

5. Top with potato wedges, hardboiled eggs and green onion. Serve. CHEF BRYAN JUREK OF FIONN MACCOOL'S

Ingredients

- 2 Yukon Gold potatoes, each cut into 8 wedges
- 1 tsp (5 ml) canola oil
- Salt and pepper
- 1 red onion, peeled, quartered
- 5 cups (1.25 litres) baby spinach
- 4 tbsp (60 ml) honey mustard dressing
- 6 slices bacon, cooked, finely chopped
- 4 eggs, hard boiled, quartered
- 1 bunch green onions, sliced

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Back pain or not, Nadal owns Paris

French Open. Rafa wins 32nd straight match at clay Grand Slam

Maybe, just maybe, Rafael Nadal was a tad vulnerable, the thinking went before this French Open.

He had lost three times on his beloved red clay already this year, more defeats than he ever had on the surface before heading to Roland Garros.

Then came an admission, after the Grand Slam tournament's third round, that his back was bothering him and slowing his serves.

Well, leave it to the eight-time French Open champion's upcoming quarter-final opponent — 2013 runner-up David Ferrer, one of the men who beat Nadal on clay this spring — to set the record straight.

"Rafael," Ferrer said, "is always the favourite."

Nadal certainly looked the part in the fourth round Monday, when he won 18 points in a row during one stretch en route to beating 83rd-ranked Dusan Lajovic of Serbia 6-1, 6-2, 6-1 for a record 32nd consecutive victory at the French Open. That broke Nadal's own mark of 31 and moved him a step closer to a fifth straight title in Paris.

The No. 1-ranked Nadal, now 63-1 for his career at the tournament, has won all 12 sets he's played in Paris in 2014, dropping a total of 23 games. He was asked whether he would have preferred a more taxing encounter by now.



Spain's Rafael Nadal returns during his third-round match of the French Open against Argentina's Leonardo Mayer in Paris, on Saturday. Nadal now has a record 32 consecutive victories at Roland Garros. MICHEL EULER/THE ASSOCIATED PRESS

A show of respect

"I hope (to) instil some doubts in Rafa's mind. But if we play at our best level, both of us, he will be a better player."

David Ferrer on meeting Rafael Nadal in the French Open's quarter-final.

"You never know what's better," replied Nadal. "But, in theory, the theory says that it's better (to) win like this than win longer matches."

And his back? The one that flummoxed him during a loss in the Australian Open final in January, and then acted up Saturday, leading to an average

first serve of 165 km/h and top speed of 184 km/h? It didn't appear to be as much of an issue against Lajovic: Nadal averaged 173 km/h, with a high of 192 km/h.

"My back can be pretty unpredictable," said Nadal, who wore thick vertical strips of athletic tape under his shirt.

"I'm not lying. It's totally unpredictable. I don't want to speak too much about it."

OK, then.

Now he takes on No. 5 Ferrer, who eliminated No. 19 Kevin Anderson of South Africa 6-3, 6-3, 6-7 (5), 6-1.

Last year's French Open final is one of 21 losses for Ferrer in 27 matches against fellow Spaniard Nadal. But Ferrer won their most recent meeting in straight sets, on April 18 at the Monte Carlo Masters.

"Tactically, I will have to be perfect," Ferrer said.

THE ASSOCIATED PRESS

NHL

Habs not yet a perennial title contender: GM

Reaching the NHL Eastern Conference final was nice, but the Montreal Canadiens have a long way to go to make it a habit.

That was the message Monday from general manager Marc Bergevin as he met with the media to review the season less than a week after the club was eliminated by the New York Rangers in six games.

"I feel we're not a mature team," he said. "We're a good team."

"We're moving forward, but there are teams I see around the league that are more mature. For them, you could almost say every year they're a guaranteed playoff team. But we're not there yet." THE CANADIAN PRESS

NHL playoffs

Rangers tasked with penetrating Kings' fortress

Judging by gambling odds available and the Kings' recent playoff history, it would be foolish to call them underdogs.

Los Angeles is widely considered the best team in the 2014 cup final. And while New York has the series' best goaltender in Henrik Lundqvist, the Rangers will have their hands full.

Since catching fire down the stretch in 2011-12, the Kings have been playoff monsters, eliminated only by last year's champions, the Chicago Blackhawks. They became the first team in NHL history to win three Game 7s to reach the final.

THE CANADIAN PRESS

Copeland believes league's offer is strong



Redblacks offensive linemen Jon Gott gives instructions on Monday, the second day of training camp in Ottawa. PATRICK DOYLE/THE CANADIAN PRESS

CFL president Michael Copeland says the ongoing labour dispute between the league and its players could prevent the regular season from starting on time.

The 2014 campaign is scheduled to open June 26. But the league and CFL Players' Association are at an impasse and a potential players' strike threatens the season starting as planned.

"Of course there's concern (about regular season starting as scheduled)," Copeland, who is also the league's COO,

Mind the gap

\$800K

The league's offer calls for a \$5-million salary cap while the players' association called for a \$5.8-million salary cap increasing three per cent annually.

said Monday. "I don't think we could be at this point in training camp and not be concerned."

"But at the same time I'd say I'm hopeful because I believe in the strength of our offer. I think

when the players have some more time with it, they'll realize it's good for them, too. I'm hoping that can be basis of an agreement."

CFLPA president Scott Flory didn't return two telephone messages Monday.

The two sides haven't met since Thursday. Copeland said no new talks are scheduled.

The CFL and players met for more than 17 hours over two days last week. Both the union and the league tabled offers that were rejected by the other side. THE CANADIAN PRESS

Horoscopes

♈ Aries

March 21 - April 20

Focus on things that bring a smile to your face. The way you think about life will determine how enjoyable, or how difficult, it is going to be.

♉ Taurus

April 21 - May 21

Watch what you spend over the next 24 hours because if you go over the top you are sure to regret it. The planets warn you may not be as well off as you seem to believe. Watch out for hidden costs.

♊ Gemini

May 22 - June 21

Don't make too many plans today because most likely they will have to be changed. Just go with the flow and trust that the tide of events will wash you up some place that is to your liking.

♋ Cancer

June 22 - July 23

There is a danger you will believe the powers that be have got it in for you. Nothing could be further from the truth. Your only real enemy at is your overactive imagination!

♌ Leo

July 24 - Aug. 23

This is probably not a good time to commit yourself to a new project. Certain people cannot be trusted, no matter how upbeat they may be about what you are doing together.

♍ Virgo

Aug. 24 - Sept. 23

You have big ambitions and you have what it takes to reach the top. However, the planets warn if you act in haste you will repent at your leisure, so don't be too eager to follow your dream - it could turn into a nightmare.

♎ Libra

Sept. 24 - Oct. 23

Your confidence may be high but don't get carried away. There are things going on behind the scenes that suggest you could be in for a shock.

♏ Scorpio

Oct. 24 - Nov. 22

Don't lose your perspective and get angry about something that would not usually bother you. And don't worry too much if you lose out financially either - you'll more than make up for it later.

♐ Sagittarius

Nov. 23 - Dec. 21

Keep the momentum going today because if you slow down, your energy could tail off dramatically. Also, don't attach too much importance to a relationship problem. It's not as bad as it seems.

♑ Capricorn

Dec. 22 - Jan. 20

You will be required to take on more tasks and responsibilities and though it may seem as if you are being unfairly restricted, you will be repaid in full later.

♒ Aquarius

Jan. 21 - Feb. 19

Life seems more vibrant and exciting now and in a way that's strange as nothing much has actually changed. What is different is your attitude: You are determined to find silver linings everywhere.

♓ Pisces

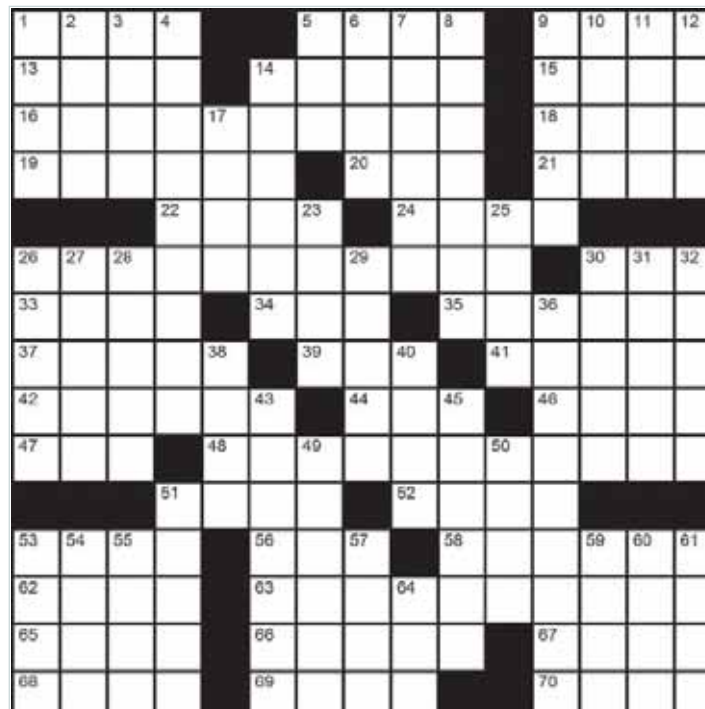
Feb. 20 - March 20

Your feelings will be rather intense over the next 24 hours. If you prefer to live more through your heart than your head that's quite all right. Nothing bad will come of it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Vlad, e.g.
- Applaud
- Sprint
- "...tete, Alouette..."
- "... Vista Social Club" (1999)
- Adhere
- ... report (Autopsy results component)
- Happy
- Particular piano
- They, in Montreal
- Same: French
- ... and bobs
- Ingrid's celebrated role
- Canadian Tiger ... Butterfly
- 'Headache' in French, ... de tete
- ... land
- Damage
- ... pants (Comfy clothing)
- "So I sing ... of love, Julia." - The Beatles
- Margarine container
- Tunisia's capital
- 2-worded golf film
- As written
- Tip to 'tion' (Car's key spot)
- Nice summer?
- British explorer, b.1728 - d.1779, who navigated much of the world, including Canada: 2 wds.
- Soup vegetable



- Dagger
- Lima's land
- Buenos Aires' shortened location
- Texas city: 2 wds.
- Image
- Boeing 787 ... (New addition to Air Canada's fleet)
- Swanky

- Ancient Greek colony
- Coiffure goes
- Exclusive
- ... cell research
- Love letter's envelope letters

Down

- Dog docs

- Perched on
- Gladiator's 1061
- French for 'white bread': 2 wds.
- ...-de-sac
- Q. "What's Mr. DiCaprio's first name?" A. "Hmmm... .. believe."
- Latin name for

- 'England'
- Employee's cheque-getting record
- 1999 flick in which Alanis Morissette plays God
- Competent
- Crease
- Jekyll and ...

- Drake song: "Started from the ..."
- Put a 'roof' on a room
- 2003 Samuel L. Jackson/Farrell m.o.v.i.e.
- Shutter segment
- Writing tablet
- "How ...?" (Did you enjoy that movie?)
- Separate
- Have faith in
- Tropical fruit
- ... acid
- Type of vision correction surgery
- Corky and the ... (Canadian comedy/music act of the '90s)
- Icky substance
- Prejudice
- French star Vanessa, Johnny Depp's ex
- Movie theatre
- Chatty bird
- Beloved of fictional Mountie Dudley Do-Right
- Small quantity
- Photos
- Repeat
- Churn
- Kiss band member
- Bit of "Feeling Good": "It's ... dawn..."
- Ms. Ward
- Russian city
- Purpose

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 22°
MIN: 12°

WEDNESDAY



MAX: 17°
MIN: 10°

THURSDAY



MAX: 14°
MIN: 3°



MICHELE MCDUGALL
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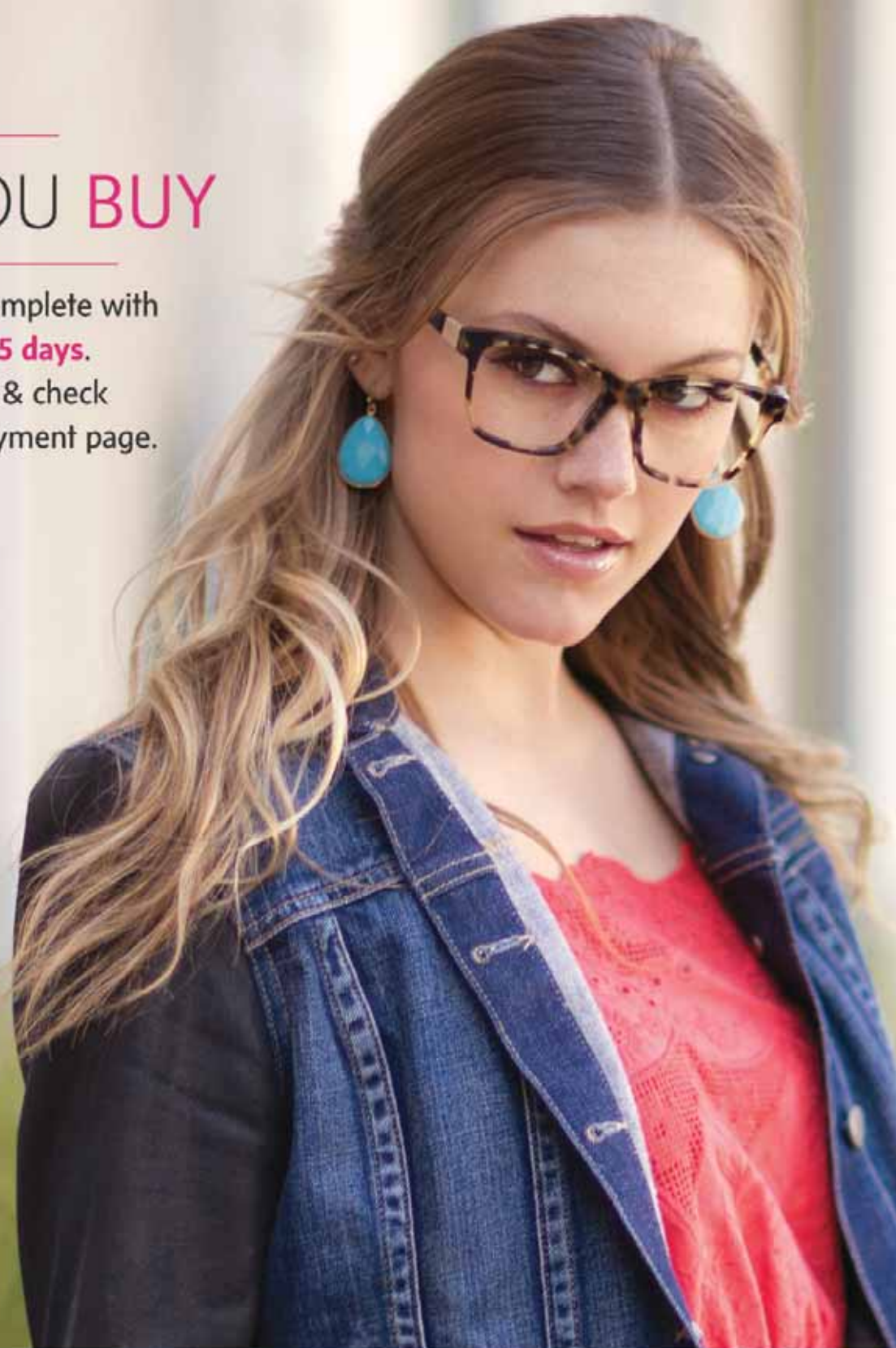
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